



## **fog fruit**

*Phyla lanceolata*

Kingdom: Plantae  
Division/Phylum: Anthophyta - flowering plants

### **Features**

Also known as frog-fruit, this perennial herb has stems (up to 1½ feet long) that creep along the ground. Leaves are arranged opposite each other along the stem. They are lance-shaped, toothed, and may be up to three inches long. Flowers are pale blue, purple, or white and less than one-fourth inch long. They are located on stalks that arise at the base of the leaves. Fruits are dry, two-parted spheres.

### **Natural History**

Fog fruit grows around ponds and lakes, along streams, and in wet meadows. It flowers from June through October. It is common throughout most of the state and infrequent in the northwest.

### **Habitats**

Mississippi River; Missouri River; natural lakes and prairie marshes; interior rivers and streams; constructed lakes, ponds, and reservoirs; wet prairies and fens

### **Iowa Status**

common; native

### **Iowa Range**

statewide

### **Bibliography**

Iowa Department of Natural Resources. 2001.  
*Biodiversity of Iowa: Aquatic Habitats* CD-ROM.